

The effects on the body from

VIBRATIONS

Sound, light and electromagnetic fields are all part of the vibrations that surround us in our work and home environment. They have been steadily increasing by consumer demand for an easier lifestyle and the coming of the electronic age. Some vibrations can positively help and energise the body—like natural sounds and some music, while others, like loud noise and low frequencies we can hear (and not hear) are potentially de-energising and can place our bodies at risk.

Two researchers from quite different fields: Harry Oldfield – biologist/scientist and Dr A A Tomatis, (Paris) – Ear/Nose/Throat Specialist, have developed technologies which can help to reverse the effects of excessive disturbing vibrations by applying pulsed high frequency sound (and light) directly to the body.

Before describing their work, I would like to offer a view of the body “as a series of interacting multi-dimensional subtle energy systems”. If these systems become imbalanced, then symptoms may manifest on the physical/emotional/mental or spiritual plane.

The concept of life energy, Ki or Chi has long been used in Natural Therapies – Acupuncture, Homeopathy, Reflexology, Acupressure, Herbalism, to name a few, all seek in their own way to open pathways in these subtle energy systems, to find the “keys” to switch the flow towards a natural balance; by using needles, touch, bio-chemicals to stimulate, calm and balance the system.

Kirlian photography gave us some proof of these energy fields around organisms, particularly the “phantom leaf” effect which shows a “form” even though the physical matter has been removed. However, this method has been fraught with many variable factors like stability of equipment, temperature, humidity and barometric pressure controls which has meant it has been difficult for researchers to get

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consistent meaningful results. One such researcher who succeeded in producing reliable results and has gone on to extend the concept further into a dynamic three-dimensional model or view of the organism is Harry Oldfield.

ELECTRO-CRYSTAL THERAPY

Harry Oldfield's early work on Kirlian photography showed very clear examples of the “life-force” in food and confirms the value of natural food against processed food. However, his major interest was in developing a safe, less hazardous

way of analysing the human energy field, using the Kirlian technology.

He discovered while taking Kirlian photographs that as well as light, there was measurable sound and electromagnetic waves emanating from the body when in contact with a pulsed high frequency generator. He then used sound instruments to systematically measure the entire energy field. He noticed variations where there was distress and excesses, and was able to carefully work out which frequencies calmed, stimulated and balanced these areas. By pulsing the waves through quartz crystals and other gem stones he found the healing effects to be greatly enhanced.

The present-day scanning is simple, safe and effective. The subject holds an electrode in one hand and the therapist scans the stimulated energy field close to the body with an electromagnetic probe and establishes the pattern of energetic response. Correction is then done simply by placing the probe on the areas out of balance and fine tuning the instruments' wave form to balance, calm or stimulate the area as required for a short time before re-scanning to see results.

Research has continued and has now developed to a dynamic visual system linked to a computer where the energy field is produced in colour. Harry's forthcoming book will describe this fully.

What Oldfield's work has shown is that the body emanates a full spectrum vibration and can be healed by sound, using specific pulsed high frequency waves.

Kay Distel

Another researcher from a different background has shown that by focussing on the ear as a gateway to the body and by increasing the ear's ability to take pulsed high frequency sound, the brain can get in better tune and begin the process of harmonising the entire body.

SOUND THERAPY

Dr A A Tomatis started his research 40 years ago by defining what function the ear plays within the body. He believes what we hear effects us more than any other form of sensory input and so, plays a major role in our state of health.

He puts forward the idea that the ear is made not only for hearing, but intended to benefit the whole organism through the stimulation of sound. He showed conclusively that the best sound to stimulate the organism is high frequency sound softly played. The high frequency stimulates the cerebral cortex and energy latent in the brain is released. The "recharging" of the brain provides a new level of energy and harmonises the nervous system relieving stress, lowering blood pressure and inducing a deep sleep which enables a person to be fully rested on less sleep. There is also improved brain function.

There is frequency level and decibel level. Noise pollution laws reflect our knowledge of research about loud noise, that is decibel level. Both high and low frequency loud noise or sound will cause distress. Research has shown that noise affects sleep of babies and adults.

Research Psychologist Dr. Theodore D. Wacks, Purdue University (N.Y. Times 16 Nov 1982) found babies raised in noisy homes were slower to imitate adult behaviour and had delayed verbal development and exploratory activity. The French researchers Muzet and Erhart (1983) found that even though test subjects were not consciously disturbed by noise during sleep, their bodies failed to acclimatise to the noise. The long-

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term effects on the cardio-vascular system of low noise during sleep are much greater than thought. Frequency is surprisingly significant in the western world.

HIGH FREQUENCY SOUND

The sounds of nature, classical music – particularly flute and violin music – have a great deal more high frequency sound than, say, rock and roll. New age composers like Halpern, Horne and Isis tend to compose music that has the well being of the listener at heart and design music to relax, harmonise and help self-reflection.

RECOMMENDATIONS

The low hums and the loud sounds that pervade our homes, workplace and streets can, and do, affect our health and distress our body. It may seem impossible to do much about it, but I believe we need to start in a small way to take action to raise our consciousness about these effects:

- consider filling your home with harmonised music to give some respite to the excessive low frequency blare that fills our shops
- turn off electric blankets before sleeping. To protect the body from extra low frequencies have a lambswool undersheet over the blanket
- ensure that appliances are turned off at the power point when equipment is not in use. **N**

Kay Distel has spent 9 years researching in the UK with Gerda Boysen, Harry Oldfield and others – the effects of vibrations on the human body. Kay is currently living in Australia, and can be contacted on (02) 565 3251. Ring for workshop/ seminar details.

FURTHER READING:

Sound Therapy for the Walkman, P Joudry. Available from Sound Health! Box 5069 West Chatswood 2057 (\$17.00 incl p+p)

Dark Side of the Brain, Harry Oldfield and Roger Coghill. Available from Sound Health, or discerning bookstores (publ. Element Books)